

**LA SIERRA AND MARTIN LUTHER KING HIGH
SCHOOLS WELCOME YOU TO THE FOURTH
ANNUAL RUNNING OF THE:**

RIVERSIDE SHOWCASE

**CROSS COUNTRY INVITATIONAL
SATURDAY, AUG. 31, 2019**

**LA SIERRA AND MARTIN LUTHER KING HIGH SCHOOL INVITE YOU TO
TAKE PART IN THE FIFTH ANNUAL RIVERSIDE SHOWCASE!! THIS MEET
IS HELD AT THE RIVERSIDE CITY CHAMPIONSHIP CROSS COUNTRY
COURSE---THE SITE OF THE 2019 CIF CROSS COUNTRY PRELIMS AND
FINALS!! WE HOPE THIS MEET SERVES AS A GOOD EARLY SEASON
INDICATOR OF WHERE YOUR TEAM IS AND AS AN OPPORTUNITY TO
PROMOTE THE SPORT OF CROSS COUNTRY WITHIN THE INLAND
EMPIRE AND BEYOND!! IF YOU ARE INTERESTED OR HAVE ANY
QUESTIONS, PLEASE CONTACT EITHER JOHN CORONA OF KING HIGH
SCHOOL OR WILL JACOBMEYER OF LA SIERRA HIGH AT THE BELOW
NUMBERS. HOPE TO SEE YOU ON SATURDAY AUG. 31, 2019**

Go to riversidecitycourse.com for more complete information

**JOHN CORONA (Ret.)
CO-MEET DIRECTOR
KING HIGH SCHOOL
jcorona@rusd.k12.ca.us
951-544-1068**

**WILL JACOBMEYER(Ret.)
CO-MEET DIRECTOR
LA SIERRA HIGH SCHOOL
coachj11@aol.com**

DATE AND TIME--SATURDAY, AUG. 31, 2019

FIRST RACE SET TO GO OFF AT 7:30 AM

LOCATION--EVENT WILL BE RUN ON THE RIVERSIDE CITY CHAMPIONSHIP CROSS COUNTRY COURSE (OLD RIVERSIDE GOLF COURSE) AT 1055 ORANGE STREET IN RIVERSIDE. IT IS ON THE CORNER OF ORANGE AND COLUMBIA. THE COURSE FOR THIS MEET IS 2.25 MILES OVER 13 ELEVATION CHANGES (OLD TEE BOXES AND GREENS). CIF(SS) PRELIMS AND FINALS HAVE BEEN HELD ON THIS COURSE FOR THE PAST 3 SEASONS.

DIVISIONS--THERE WILL BE A LARGE SCHOOLS (LS) AND SMALL SCHOOLS (SS) DIVISION THAT FEATURE BOYS AND GIRLS VARSITY/JV AND SOPH-FROSH LEVELS—A TOTAL OF 12 RACES ON THE DAY

SCHEDULE OF RACES

<u>Race/Div</u>	<u>Gender</u>	<u>Level</u>	<u>Approx. Time</u>
1LS	Boys	JV	7:30 am
2LS	Girls	JV	7:55 am
3LS	Boys	FS	8:20 am
4LS	Girls	FS	8:45 am
5LS	Boys	V	9:10 am
6LS	Girls	V	9:35 am
7SS	Boys	V	10:05 am
8SS	Girls	V	10:30 am
9SS	Boys	FS	10:55 am
10SS	Girls	FS	11:15 am
11SS	Boys	JV	11:35 am
12SS	Girls	JV	11:55 am

AWARDS-----MEDALS WILL BE AWARDED ACCORDING TO THE NUMBER OF ENTRANTS IN EACH RACE. THIS TOTAL COULD BE ADJUSTED UPWARD OR DOWNWARD DEPENDING ON THOSE ENTRIES. THERE WILL BE NO TEAM AWARDS FOR THIS EVENT.

ENTRY FEES—PLEASE BE AWARE OF A CHANGE IN ENTRY FEES-COST OF ENTRY IS \$12 DOLLARS PER ATHLETE-MAXIMUM PAYMENT FOR YOUR TEAM IS \$300. THAT \$300 TOTAL INCLUDES YOUR BOYS AND GIRLS TEAMS COMBINED. \$12 PER INDIVIDUAL ENTRY. WE WILL CAPPING THE NUMBER OF TEAM ENTRIES AT 30. MAKE YOUR CHECKS OUT TO THE KING HIGH SCHOOL CROSS COUNTRY. WE WOULD APPRECIATE YOU MAILING YOUR ENTRY FEES IN AS SOON AS POSSIBLE AND WE WILL TAKE CHECKS THE DAY OF THE COMPETITION, BUT

PLEASE BE AWARE- IF WE HAVE NOT RECEIVED YOUR CHECK, TELLING US “IT’S IN THE MAIL” WILL NOT SUFFICE. WE WILL BE ASKING FOR A PERSONAL CHECK TO COVER ENTRY FEES. WE WILL HOLD THAT CHECK FOR TWO WEEKS UNTIL SUCH TIME THAT WE RECEIVE YOUR PAYMENT THROUGH YOUR BOOSTERES/ASB AND THEN WE WILL RIP UP THE CHECK.

ALSO PLEASE BE AWARE-ANY TEAM THAT WISHES TO ENTER AFTER AUG. 23 WILL HAVE TO PAY A \$50 LATE FEE.

AND ALSO BE AWARE-IF YOUR TEAM IS REGISTERED AND DOES NOT ATTEND, WE WILL BE CONTACTING YOUR ATHLETIC DIRECTOR FOR A 50 PROCESSING FEE. THE REASON FOR THIS IS IF YOU HAVE REGISTERED, WE BELIEVE YOU ARE COMING AND HAVE TAKEN THE PROCESSING MEASURES TO PREPARE FOR THAT. TO BE BRUTALLY HONEST, WE PREPARE FOR KIDS TO COME AND COMPETE AND WHEN THEY DO NOT, WE LOSE TIME AND MONEY.

TIMING—CHIP TIMING SYSTEM WILL BE PROVIDED BY FINISHED RESULTS.

DECLARATIONS/REGISTRATION-WE ARE ASKING THAT ALL TEAMS DECLARE THEIR INTENTION TO COMPETE BY AUG. 11 ON FINISHEDRESULTS.COM. ONCE YOU HAVE DECLARED, YOU CAN REGISTER YOUR TEAM-ALSO ON FINISHEDRESULTS.COM.

THE TEAM ENTRY MUST BE COMPLETED BY AUG. 23. GO TO FINISHEDRESULTS.COM-CLICK ON THE SCHEDULE –FIND “RIVERSIDE SHOWCASE.” CLICK ON THAT AND IT WILL TAKE YOU TO A PAGE WHERE IN THE HEADER, IT SAYS “TEAM ENTRY”. CLICK ON THAT AND ENTER YOUR TEAM. BECAUSE IT IS THE FIRST MEET OF THE YEAR FOR MOST, IT MAY TAKE SOME TIME IN ENTERING YOUR ROSTER, ETC. DON’T WORRY ABOUT BEING SPECIFIC ABOUT WHAT LEVEL YOUR ATHLETES COMPETE AT. BECAUSE WE ARE TIMING WITH CHIPS, YOU JUST SEND YOUR ATHLETES TO THE RACE YOU WANT THEM TO COMPETE IN. WHEN YOU REGISTER ONLINE, IT WILL APPEAR THAT ALL YOUR ATHLETES ARE VARSITY ATHLETES BUT OF COURSE, THEY ARE NOT.

DIRECTIONS-ADDRESS OF THE FACILITY IS 1055 ORANGE ST. THERE ARE TWO WAYS IN WHICH TO GET TO THE DROP OFF AREA FOR TEAM BUSES.

Approaching from the North or South on the 91

Exit on Center Street and head west to Orange St. Turn south on Orange St. which will take you to the drop off lot by the Clubhouse. Drop off lot is on your right.

Approaching from the East and West on the 60

Exit on Main St. Head north to Placentia(Center); make a right and go east to Orange St. go south on Orange which will take you to the drop off lot by the Clubhouse. Drop off lot is on your right.

Your bus drivers will be given directions as to where to park once they are in the parking lot.
PLEASE DO NOT-AT ANY TIME -TRY TO GET TO THE PARKING LOT GOING NORTH ON ORANGE.
ALSO, WHEN YOU LEAVE THE FACILITY TO GO HOME DO NOT TRAVEL SOUTH ON ORANGE.
ALL THAT WILL DO IS GUM UP THE FLOW OF TRAFFIC AND CREATE ISSUES FOR YOU AND YOUR SPECTATORS.

ADMISSION/PARKING—NO ADMISSION WILL BE CHARGED. PARKING FOR TEAMS IN VANS WILL BE OFF OF ORANGE JUST SOUTH OF THE FIRE STATION. WE WOULD REQUEST THAT ALL TEAMS COMING IN VANS HAVE SOME SORT OF IDENTIFICATION ON THEM. SPECTATORS WILL PARK IN THE LOT OFF ORANGE ST. AND WILL BE CHARGED \$10.00 PER CAR. THE ATHLETES ENTRANCE FROM THE BUSES IS THROUGH A SOUTHEAST GATE BY THE CLUBHOUSE.

FACILITIES—THE COURSE IS A WIDE OPEN DIRT COURSE WITH NOT A LOT OF SHADE. IT IS VERY SPECTATOR FRIENDLY. CANOPIES AND TARPS ARE A NECESSITY!!! THERE IS A TEAM CAMP AREA WITH A WARMUP AREA NEARBY. OVER THE YEARS, SOME TEAMS HAVE CAMPED OUT IN NEARBY REID PARK. YOU ARE WELCOME TO DO THAT BUT PARK FUNCTIONS HAVE PRIORITY AND YOU MAY BE ASKED TO REMOVE YOURSELF FROM THE PARK AND TO THE TEAM CAMP AREA ON THE COURSE. ALSO THE SOUND SYSTEM DOESN'T REACH THAT FAR, SO PLEASE BE AWARE OF THE TIMES OF YOUR RACES. PORTA POTTIES WILL BE ON SITE AS WILL SOME VENDORS AND CONCESSIONS. PLEASE REFER TO OUR WEBSITE (RIVERSIDECITYCOURSE.COM) FOR MAPS OF THE COURSE AND A VIRTUAL TRIP THROUGH THE COURSE SUPPLIED BY WALT LANGE OF JESUIT HIGH SCHOOL.

COACHES CHECK-IN- COACHES CHECK-IN WILL BE AT THE TEAM ENTERANCE AREA BY THE SOUTHEAST CORNER OF THE CLUBHOUSE. COACHES WILL PICK UP THEIR PACKETS OF INFORMATION AND THEIR TIMING CHIPS AT THAT TIME. COFFEE AND DONUTS WILL BE AVAILABLE. IT WILL BE UP TO THE INDIVIDUAL COACH TO HAND OUT AND COLLECT INDIVIDUAL CHIPS, AND TURN THEM INTO MEET MANAGEMENT AT THE END OF THE MEET.

TRAINER- THE ATHLETIC TRAINERS WILL BE CLOSE TO THE FINISH LINE. PLEASE BRING YOUR OWN TAPE AND PRE-WRAP.